

ABSTRACT

A recording and reproducing apparatus for receiving program data including video data and/or voice data and recording and/or reproducing the program data, has

a temporary saving area that is a ring buffer of temporarily recording the program data;

a long-term saving area of recording the program data for a long term; and

record reproducing means of at least performing recording, reproduction or time shift reproduction of the program data in the temporary saving area and/or the long-term saving area,

wherein the record reproducing means copies predetermined program data recorded at least in the temporary saving area to the long-term saving area if the record reproducing means is instructed to record the program data for a long term when it is performing in the temporary saving area the time shift reproduction of program data that is being received.